

PERSONAL EXERCISE SYSTEM

ABSTRACT OF THE DISCLOSURE

A coupling component has laterally and rearwardly extending ends. An intermediate component has free lower and upper ends. A dildo is located above the rearwardly extending end. The dildo has an interior end and a free exterior end located above the rearwardly extending end of the coupling component removably coupling the upper intermediate component to the dildo. A handle extends outwardly and upwardly from each laterally extending end of the coupling component.